

Apple Oatmeal

Ingredients

1 ¾ cups 100 % apple juice

1 cup quick cooking oats

1 large apple, cored and cut into bit-sized chunks

½ teaspoon ground cinnamon

⅛ teaspoon sea salt (optional)



Makes 4, ¾ servings

Prep time: 10 minutes

Cook time: 5 minutes

Preparation

Combine all ingredients in a small pot, except apples. Cook on medium to low heat for 5 minutes. Serve in bowls, add apples. Enjoy!

Nutritional information per serving

Calories 157, Carbohydrate 34g, Dietary fiber 4 g, Protein 3 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 78 mg

Recipe: Everyday Healthy Meals